

MINDFUL MEDITATION

SOCIAL SYLLABUS SPRING 2025

Meditation for Managing Anxiety and Stress: 5PM on Tuesdays [**@thebreathingprofessor**](#)

Instructor: Patricia O'Brien-Richardson, Ph.D. [**patti@iamdrpatti.com**](mailto:patti@iamdrpatti.com)

Office Hours: Tuesday night here at 5:30 PM on TikTok [**@thebreathingprofessor**](#)

REQUIRED TEXTBOOKS:

- Weathering, The Extraordinary Stress of Ordinary Life, in an Unjust Society, Dr. Arline T. Geronimus
- Purge it Plan, Dr. Patti O'Brien-Richardson
- Living While Black Using Joy, Beauty, and Connection to Heal Black Trauma, Guilaine Kinouani

COURSE OBJECTIVES

1. Develop a practice of meditation and breathwork to manage stress and anxiety.
2. Analyze the social, cultural, political, and environmental determinants of women's health in the global context.
3. Evaluate challenges and obstacles/barriers to women's health
4. Create a culturally sensitive women's health initiative addressing health disparities, barriers, or challenges they face

COURSE SCHEDULE:

Module 1: Introduction to Mindfulness Meditation

- Definition and Principles of Mindfulness Meditation
- Benefits of Meditation for Physical and Mental Health

Module 2: Techniques of Mindfulness Meditation

- Breath Awareness Meditation
- Body Scan Meditation
- Prayer and Praise Meditation
- Loving-Kindness Meditation

Module 3: Neuroscience and Biology

- The Brain
- Mindfulness and neuroplasticity
- Belly Breathing
- Lung Expansion

Module 4: Understanding the Effects of Meditation

- Physiological Effects of Meditation
- Psychological Effects of Meditation

Module 5: Establishing a Regular Meditation Practice

- Overcoming Obstacles to Practice
- Developing a Routine and Finding a Suitable Practice Location

Module 6: Deepening Meditation Practice

- Working with Distractions and Difficult Emotions
- Developing Compassion and Self-Acceptance

Module 7: Applying Mindfulness in Daily Life

- Integrating Mindfulness into Daily Activities
- Applying Mindfulness to Relationships and Communication

COURSE POLICIES

Late submissions will not be accepted.

ASSIGNMENTS AND PROJECTS

1. **Weekly Assignments - Discussion Forum and posting Critical Reflections (25%)**

The purpose of the Critical Reflection is to prepare students to critically analyze texts relating to women and health and prepare to dissect, disrupt, and debate the issues via a review of key points, analysis, and connections. Your postings will be available for your classmates to review and comment on.

- a. Discussion posts **must be** spell-checked and edited for correct grammar and syntax. Points will be deducted for poor spelling, grammar, and syntax.

2. **Self-Care Plan: Women's Health Interview (25%) - Due March 1st**

- **Interview** an individual whose experiences can inform your project because of the following:
 - **Their expertise** - Provide more knowledge about or insight into the topic or
 - **Their work** - Inform your project due to their work with people who have experiences related to the topic or
 - **Their lived experience** - Present first-hand challenges related to the topic

3. **Create Your Self-Care Guide: (50%) - Due April 1st - A relatable, culturally competent self-care guide for yourself addressing stress, anxiety, and if necessary, other health challenges in a PowerPoint, analyzing evidence-based self-care strategies and outcomes related to women and health.**

In a 5-page PowerPoint Presentation Instructions:

1. One slide on the detailed exploration of one significant, specific health challenge. You may choose stress, anxiety, or another health challenge. Include data in bullet points, charts, pie graphs, etc.
2. One slide describing research benefits of Physical Self Care
3. One slide describing research benefits of Mental Health/Emotional Health Self Care
4. One slide describing research benefits of Spiritual/or Other Self Care

Email them to: patti@iamdrpatti.com

Life happens. If you cannot complete your project, see the EXTRA CREDIT.

EXTRA CREDIT: Attend Mindful Meditation Class: Zoom details provided later in the semester

GRADING:

- Discussion - Critical Reflections: 25%
- Self-care Guide Interview: 25%
- Create Your Self-care Guide: 50%
- Total Points: 100%

REMEMBER:

- Points will be deducted for poor spelling, grammar, and syntax.
- **No late projects will be accepted.**
- As always, reach out to me via email patti@iamdrpatti.com anytime (allow 24 hours for me to get back to you - keep in mind I do not respond on the weekends, but will reply Monday after 9 AM)
- Stay in touch on Linked In: [Dr. Patti O'Brien-Richardson](#)
- Protect your mental health - resources through meditation, prayer, community